

# Children with depression

## Other resources

The following resources have been compiled for parents, carers and school staff who may be seeking further information about children and depression. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

<p><b>General information</b></p>	<p><b>beyondblue</b>, the National Depression Initiative, provides high quality information on depression and how to get help. See: <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a></p> <p><b>The Black Dog Institute</b> is an educational, research, clinical and community-oriented facility dedicated to improving understanding, diagnosis and treatment of mood disorders. See: <a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a></p> <p><b>Bluepages</b> provides information about depression, treatments and resources for getting help. Includes access to MoodGym, an online self-help program for adolescents with depression. See: <a href="http://bluepages.anu.edu.au/home/">http://bluepages.anu.edu.au/home/</a></p> <p><b>HealthInsite</b> contains links to a wide range of up-to-date and quality assessed information on important health topics. For material on depression and children, see: <a href="http://www.healthinsite.gov.au/topics/Depression_in_Childhood_and_Adolescence">www.healthinsite.gov.au/topics/Depression_in_Childhood_and_Adolescence</a></p>
<p><b>Information specifically for parents and carers</b></p>	<p><b>Children, Youth and Women's Health Service</b> provides information for parents and carers on a large variety of child health and development topics, including material on depression in children. Also available is information on depression in a format aimed at children. See:</p> <p><a href="http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&amp;np=141&amp;id=1920">www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=114&amp;np=141&amp;id=1920</a></p> <p><a href="http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=287&amp;id=2369">www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=287&amp;id=2369</a></p>
<p><b>Information in languages other than English</b></p>	<p><b>The Children's Hospital Westmead</b> provides fact sheets on various children's mental health and well being issues. Information on depression in children is available in written and audio formats and in languages other than English. See: <a href="http://www.chw.edu.au/healthykids/">www.chw.edu.au/healthykids/</a></p>

<h2>Books for parents and carers</h2>	<p><b><i>So young, so sad, so listen (2nd Ed.)</i></b> is a book aimed at parents, carers and teachers. It offers information and practical advice on depression in children and teenagers. <i>By P. Graham &amp; C. Hughes. (2005). London, UK: Gaskell.</i></p> <p><b><i>The childhood depression source book.</i></b> This is a useful book that provides comprehensive information on childhood depression, including strategies that parents and carers can use with depressed children. <i>By J. Miller (1999). Lincolnwood, IL: Lowell House.</i></p> <p><b><i>Growing up sad: Childhood depression and its treatment.</i></b> This book provides in depth information on childhood depression and its manifestation at different ages. <i>By L. Cytryn &amp; D. McKnew. (1996) NY: W. W. Norton &amp; Company.</i></p>
<h2>Books for Children</h2>	<p><b><i>The bubble</i></b> is an illustrated children's book that covers depression and grief and is aimed at children 8 – 12. <i>By J. Montano &amp; M. Ottley. (2004). South Melbourne, Victoria: Lothian books.</i></p>
<h2>Research articles</h2>	<p><b>Burns, J. M., Andrews, G. &amp; Szabo, M. (2002)</b> Depression in young people: what causes it and how can we prevent it? <i>Medical Journal of Australia</i>, 177, S93-S96. Available from: <a href="http://www.mja.com.au/public/issues/177_07_071002/bur10371_fm.pdf">www.mja.com.au/public/issues/177_07_071002/bur10371_fm.pdf</a></p> <p><b>Zahn-Waxler, C., Klimes-Dougan, B., &amp; Slattery, M. J. (2000).</b> Internalising problems of childhood and adolescence: Prospects, pitfalls and progress in understanding the development of anxiety and depression, <i>Development and Psychopathology</i>, 12, 443-446.</p> <p>Provides a review of the literature on depression and anxiety in children and adolescents.</p>
<h2>Sources of telephone support and help for children with depression and their families</h2> <p><b>Kidshelpline</b> Ph: 1800 55 1800 <a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a></p> <p><b>Lifeline</b> Ph: 13 11 14 Online directory of health and community services in Australia: <a href="http://www2.lifeline.org.au/service_finder/">www2.lifeline.org.au/service_finder/</a></p> <p><b>Parentline</b></p> <p><b>ACT:</b> Ph: (02) 6287 3833 <b>NSW:</b> Ph: 13 20 55 <b>NT:</b> Ph: 1300 301 300 <b>QLD:</b> Ph: 1300 301 300 <b>SA:</b> Ph: 1300 364 100 <b>TAS:</b> Ph: 1300 808 178 <b>VIC:</b> Ph: 13 22 89 <b>WA:</b> Ph: (08) 9272 1466 or 1800 654 432</p>	

This resource is part of the KidsMatter trial. The team at KidsMatter welcomes your feedback at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)



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